

## **72-Hour Kit**

### **Shelter/Clothing**

mylar space bag, tube tent, or two-man tent  
tarp, nylon cord  
mylar blanket or sleeping bag  
leather gloves/winter gloves  
rain poncho  
sun hat, winter hat  
1 change of clothing (socks, underwear,  
t-shirt, sweats, tennis shoes)  
bandana, sunglasses  
chap stick, sunscreen, zinc oxide cream  
insect repellent

### **Fire-starting Tools**

spark: lighter, matches, flint & steel  
tinder: cotton & Vaseline (“jelly donut”),  
magnesium bar, steel wool  
pocket knife, ax, saw

### **Water Equipment**

canteen or water bottle with filter  
water purification tablets  
straw filter or hand-pump filter

### **Cooking Supplies**

stove, fuel  
pot, cup, utensils  
(baby bottle, pacifier)  
light-weight food supplies

### **First Aid Supplies**

first aid kits  
consecrated oil  
essential prescription medications  
N-95 masks, gloves  
needle, safety pins, tweezers  
towelettes, alcohol wipes  
antibiotic ointment, burn cream  
bandages, mole skin, duct tape  
acetaminophen, ibuprofen, aspirin  
Benadryl, Tums, cough drops  
eye drops

### **Lighting Equipment**

cyalume stick  
candle  
flashlight or headlamp, batteries

### **Communication**

identification cards, health information  
copies of birth certificates, contact information  
compass, map  
radio, batteries  
whistle, pencil, paper  
cash, coins

### **Sanitation Supplies**

dish soap  
dishcloth, scrungie, dishtowel  
bags: garbage, Ziploc

### **Personal Hygiene Supplies**

eye glasses or contact supplies  
toilet paper (sealed in a bag), shovel  
feminine sanitary supplies, make-up  
mirror, razor, shaving cream  
(diapers, wet wipes)  
towel, washcloth  
soap, shampoo, conditioner  
deodorant, clippers  
toothbrush, paste, floss  
comb, hairbrush, rubber bands

### **Separate Supplies to Grab**

water  
tent, sleeping bag, and pad  
coat, keys, wallet  
scriptures

## 72-hour Food Ideas

### 1. Sample Three-day Menu (seal with a vacuum sealer or in a #10 can)

#### Day 1

Breakfast: 1 hot chocolate, 1 oatmeal packet, 1 granola bar

Lunch: 1 beef jerky, 1 trail mix

Dinner: 1 can soup (or cup-a-soup for longer storage), 2 crackers

#### Day 2

Breakfast: 1 hot chocolate, 1 oatmeal packet, 1 granola bar

Lunch: 1 beef jerky, 1 trail mix

Dinner: 1 cup-a-soup, 2 crackers

#### Day 3

Breakfast: 1 hot chocolate, 1 oatmeal packet, 1 granola bar

Lunch: 1 beef jerky, 1 trail mix

Dinner: 1 ramen noodle, 2 crackers

#### Misc.

3 fruit rollups

6 hard candies

### 2. Sample Three-day Menu for Hungrier People (seal with a vacuum sealer)

#### Day 1

Breakfast: 1 hot chocolate, 2 Pop Tarts,  $\frac{3}{4}$  c. apple chips

Lunch: 3 jerky, cheese and crackers, 1 c. trail mix

Dinner: pasta package [+  $\frac{1}{4}$  c. dried vegetable (To cook, add  $2\frac{1}{4}$  c. water.)], 2.6 oz. tuna pouch, 2 crackers

#### Day 2

Breakfast: 1 hot chocolate, hash browns,  $\frac{3}{4}$  c. banana chips

[ $1\frac{1}{2}$  c. hash browns + 1 tsp. Butter Buds +  $\frac{1}{4}$  tsp. salt (To cook, add  $1\frac{1}{2}$  c. water.)]

Lunch: 3 jerky, cheese and crackers, 1 c. trail mix

Dinner: Spanish rice package [+  $\frac{1}{4}$  c. dried vegetable (To cook, add  $2\frac{1}{4}$  c. water.)], 8 oz. pork and beans, 2 crackers

#### Day 3

Breakfast: 1 hot chocolate, 2 oatmeal packets,  $\frac{3}{4}$  c. raisins

Lunch: 3 jerky, cheese and crackers, 1 c. trail mix

Dinner: mashed potato package [+  $\frac{1}{4}$  c. dried vegetable (To cook, add  $2\frac{1}{4}$  c. water.)], 4.5 oz. canned chicken, 2 crackers

#### Misc.

3 fruit rollups

6 hard candies

### 3. Seal contents using a vacuum sealer for longer storage.

a. Carefully chosen foods can be stored for approximately five years.

b. Vacuum sealer bags are heavy duty and help protect food.

## 72-Hour Kit Tips

### 1. Sources

Emergency kits work best when designed to meet personal needs and when the individual is familiar with the contents. Whether you purchase a commercial kit or assemble your own, take some time to practice using your kit.

### 2. Weight and storage

a. We can't know in advance the circumstances of the next emergency: we may be packing our kits into the car, into the backyard, or over a mountain on foot. I prefer to put "every needful thing" into my kit—within reason and with weight in mind—and then toss items should it become necessary to lighten the load.

b. Try to store kits as close to an exterior door as possible to (1) improve the chances of having access to the kits and (2) reduce the time it takes to get them outside.

c. Store water bottles outside the kits as they are prone to leaking.

### 3. Family needs

a. Each parent kit should be self-contained in case family members become separated in an emergency.

b. Young families can start with parent kits with the child-related supplies divided between them.

c. Children can gradually accumulate supplies for an individual kit as they grow.

d. Siblings can be paired together to share a kit, especially older ones with younger partners.

e. Parents should carry copies of their children's birth certificates for proof of relationship.

### 4. Packing tips

a. Keep a copy of the kit content list in a pocket of each kit. This makes it easy to (1) mark off the contents of each kit, (2) check what is missing when you want to shop (for birthdays, Christmas, etc), and (3) re-pack after a camping trip.

b. Keep a copy of the kit content list for each grown-up child that you want to help with purchasing.

c. Pack supplies by category as mini-kits in smaller bags or containers inside the larger pack for easy rotation of seasonal items and food. Choose supplies in each category to suit your budget and your pack's size and weight limits.

d. Ask each person to write his or her name on all equipment to avoid mix-ups.

### 5. Priorities

a. Experts prioritize survival needs as (1) protection from exposure (shelter, clothing, fire-starting), (2) water, and (3) food.

b. Redundancy is an important key to survival. Consider packing three ways to start a fire, purify water, and provide light.

c. Comfort measures are emotionally important. Good food, treats, and dry socks can be very comforting.

## 6. Food

- a. Remember to personalize the menu for babies, diabetics, and other special needs.
- b. When packaging meals, be sure to write on the bag the amount of water that needs to be added.
- c. Pasta and rice packages make approximately three cups of food. This is a good amount for a hungry adult, but may be too much for a child. You can divide the package in half, or you can plan for children to be partners and share the meal.
- d. If packing canned meat or beans, look for small cans that have pull-top lids. Tuna in a pouch works well, but the smell tends to linger.
- e. Avoid:
  - Peanuts and crackers with added oil because they go rancid.
  - Mint-flavored gum because it transfers mint flavor to everything.
- f. Other convenient food ideas
  - stuffing mix package, potato pearls, instant rice, cous cous, dried refried beans, bouillon cube, taco spice, gravy mix packet, cider packet, dried corn/carrots/beans/peas

### **Tidbits on individual items**

- \*Leather gloves with a furry lining can double as winter gloves in addition to general camping protection from fire and injury.
- \*I buy packages of boys' and men's tube socks and t-shirts and try to give each person a size or two larger than his or her present size.
- \*I let each person choose his or her own bandana color and pattern.
- \*Backpacking stoves are very quick to boil water. However, they are only good as long as the fuel lasts. Fold-up stoves are handy because they work with any available wood when the canned fuel is gone.
- \*Daily Chef Safe Heat canned chafing fuel with a wick is my favorite because it doesn't evaporate, it doesn't have an offensive odor, and it produces enough heat to boil water. One can will burn for six hours.
- \*Currently available mess kits will hold less than two cups of food and are very difficult to use with dried food packages. I prefer a three-cup pot or an eight-inch cake pan, available at dollar stores. I use aluminum foil or a nine-inch pie plate as the lid.
- \*Utensils are inexpensive at dollar stores and work as well as ones from sports stores.
- \*Duct tape has many emergency uses and works very well in preventing and protecting blisters. Wrap it around a popsicle stick in order to carry a small amount.
- \*Individually packaged pills are very expensive. Instead, I put pills in small, self-sealing plastic bags that are used for beads and jewelry and are available at craft stores. Be sure to label the bags!
- \*Toilet paper has a tendency to roll away when you're out in the woods. I pull out the cardboard roll so that the paper can be pulled from the center.
- \*If "every needful thing" includes a razor, tie a string to the handle. I've lost a couple of razors in the lake!